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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Use Potatoes Instead of More Bread"--Information from the Production and Marketing Administration, U. S. Department of Agriculture

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Nearly a hundred years ago...failure of the potato crop in Ireland caused a famine. This year...a bountiful potato crop in the United States will make it possible for us to help relieve famine in other parts of the world.

Potatoes are plentiful. The late 1945 crop is moving to the market from winter storage. Southern farmers will soon begin to harvest early spring potatoes. Prospects for the early 1946 crop are very good. There are enough potatoes to meet all the needs in this country...graded potatoes for us to eat...others for industrial uses and for livestock feeding. We have sent potatoes to Belgium, France and Canada. But to ship potatoes overseas we must have refrigerated boats. It is much easier to ship wheat. So we will use most of our potatoes at home.

At breakfast in a cafeteria the other morning, I saw a husky young fellow take fried potatoes instead of toast to eat with his bacon and eggs. That young fellow set the rest of us a good example. If enough of us follow his example and eat potatoes instead of more bread...we will have more wheat to send overseas.

In some parts of this country, farm families eat potatoes at every meal. Many other families could eat well and enjoy potatoes at least twice a day.

You can use potatoes at breakfast to replace wheat cereal, toast or biscuits. If every minute counts---as it does in most households at breakfast time---fry the sliced potatoes, country style. Use a very small amount of meat drippings to help them brown nicely.

Potato left-overs lend themselves to tasty dishes as every thrifty housewife

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knows...and she uses left-over mashed potatoes to make potato cakes...and boiled left-overs to make creamed potatoes or hash-browned potatoes. These last--by the way--go very well with breakfast eggs too.

At lunch time let potato salad take the place of a sandwich. Use potatoes to replace bread in stuffing. Or use creamed potatoes instead of top crust to make a fluffy topping for meat pie.

Nutritionists tell us the potato's reputation as a fattening food is entirely unjustified. A medium-sized potato provides about 100 calories toward the day's energy needs. You'll get about the same number of calories in a serving of green peas or sweet corn. A serving of Lima beans has more calories than a medium-sized potato. A thick slice of bread has 100 calories. Two thin slices add up to the same calorie count--100. It's the company potatoes keep--the generous helpings of gravy, butter or margarine--that make calorie totals soar.

A potato may be nearly 80 percent water--the nutritionists say--but it's a sturdy staff to lean on for food value. We get some protein of good quality, starch iron and other important minerals, as well as some of the B vitamins and vitamin C from the potato. From the nutritional viewpoint, a small serving of potatoes can replace a slice of bread.

So reach for a potato instead of more bread...and help save wheat to send to our friends and neighbors overseas.

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